

# WINTER WARM-UP CHALLENGE

January 14 – February 24, 2013

Use this form for convenience to record your points each day during the challenge. Give yourself 1 point for each healthy behavior you practice daily.

The goal is to accumulate at least **100 points** during the challenge. All points must be recorded on the DelaWELL Health Portal (<https://delawell.alerehealth.com>) by **March 4, 2013**.



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	_____ Total Daily Points					

## Practice these healthy habits that support healthy living and weight management:

- Exercise at least 15 minutes daily
- Eat 3 servings of fruit and/or vegetables daily
- Don't skip meals - breakfast, lunch or dinner
- Limit sweets to 1 serving or less daily

## How to track your healthy behavior:

1. Select the date.
2. Enter the total number of points you earned each day (each healthy behavior = one point; up to four points per day).
3. Record your entries online at <https://delawell.alerehealth.com> by **March 4, 2013**.



(866) 674-9103

**DelaWELL Health Portal – <https://delawell.alerehealth.com>**